

SEPTEMBER 2025

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu :Parnassus Preparatory School Grades 9-12 Lunch Menu

Options : Hot& Hot Vegetarian Meals

Grade : 9-12 Grades

Meal Pattern : NSLP

	Monday, 9/1/2025	Tuesday, 9/2/2025	Wednesday, 9/3/2025	Thursday, 9/4/2025	Friday, 9/5/2025
Week VI	Fun Brunch Mini Maple Pancake Chicken Wraps w/ Syrup PC Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	Classic Hamburger WG Bun , Pickles & Ketchup Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Chicken Tender Wrap Chicken Tenders, WG Tortilla, Ranch, Shred Lettuce & Shred Cheese Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	Top-n-Go Cheez Taco Cheez-Its Bag, Seasoned Beef Taco Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
	HOT VEG	HOT VEG	HOT VEG	HOT VEG	HOT VEG
	Buttermilk Pancakes & Omelet w/ Syrup	Cheese Bites w/ Italian Dip	Pizza Crunchers	Top-n-Go Cheez Egg Scramble Taco	Fresh Hot Cheese Pizza
	Monday, 9/8/2025	Tuesday, 9/9/2025	Wednesday, 9/10/2025	Thursday, 9/11/2025	Friday, 9/12/2025
Week I	Breaded Chicken Drumstick Mashed Potatoes Hearty Dinner Roll w/ Butter Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Soft Sweet Potato Sticks Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	Beef Pretzel Dog Served with Ketchup Assorted Salad Bar Daily Fruit (1 Cup Eq) & Choice Milk Yahoo! Special Chips Day! Baked Cheetos	Asian Chicken Dumplings Teriyaki Dip Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
	HOT VEG	HOT VEG	HOT VEG	HOT VEG	HOT VEG
	Chz Breadsticks w/ Italian Dip	Grilled Cheese Sandwich	Three Cheese Corn Enchilada	French Bread	Fresh Hot Cheese Pizza
	Monday, 9/15/2025	Tuesday, 9/16/2025	Wednesday, 9/17/2025	Thursday, 9/18/2025	Friday, 9/19/2025
Week II	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Twin Faves Day Chicken Nuggets w/ Ketchup Mac & Cheese WG Roll Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	Beef Burrito Wrap Seasoned Beef Taco, WG Tortilla Fill the taco with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar, Daily Fruit (1 Cup Eq) & Choice Milk Veggie Garden Nuggets w/ Ketchup & WG Roll	Chicken & Egg Fried Rice Soy Sauce & WG Roll Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
	HOT VEG	HOT VEG	HOT VEG	HOT VEG	HOT VEG
	Cheese Quesadilla	Mac & Cheese Bites w/ Ranch		Pizza Egg Rolls	Fresh Hot Cheese Pizza
	Monday, 9/22/2025	Tuesday, 9/23/2025	Wednesday, 9/24/2025	Thursday, 9/25/2025	Friday, 9/26/2025
Week III	Premium Chicken Patty Sandwich WG Bun & Ketchup Chilled Potato Salad Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	Buttermilk Pancakes & Colby Cheese Omelet Syrup PC Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	Roasted Sliced Beef on Flatbread Shredded Philly Style Beef, Lime Slaw & Shred Swiss Cheese on Flatbread Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	Sweet & Sour Chicken Steamed Seasoned Rice Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos
	HOT VEG	HOT VEG	HOT VEG	HOT VEG	HOT VEG
	Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli & WG Roll	Fresh Hot Cheese Pizza
	Monday, 9/29/2025	Tuesday, 9/30/2025			
Week IV	Crispy Chicken Tenders Ketchup WG Dinner Roll Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Potato Smiles Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk			
	HOT VEG	HOT VEG			
	Pizza Crunchers	French Bread			

Hot meals and Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					
		TASTY	HEALTHY	FUN	OCTOBER 2025
				VARIETY	BALANCED
Week IV	HOT MEAL			Wednesday, 10/1/2025	Thursday, 10/2/2025
				Alfredo Penne	Pulled Chicken Taco
				Assorted Salad Bar	Seasoned Pulled Chicken Taco, WG Tortilla
	HOT VEG			Daily Fruit (1 Cup Eq)	Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema
Week V	HOT MEAL			Choice Milk	Cheesy Refried Beans
				Woohoo! Special Treat Day! Confetti Cookie	Assorted Salad Bar, Daily Fruit, Fruit Juice & Choice Milk
				Veggie Garden Nuggets w/ Ketchup & WG Roll	Bean & Cheese Pupusa
	HOT VEG				Fresh Hot Cheese Pizza
		Monday, 10/6/2025	Tuesday, 10/7/2025	Wednesday, 10/8/2025	Thursday, 10/9/2025
Week V	HOT MEAL	Premium Chicken Nuggets	Macaroni Pasta w/ Spaghetti Meatballs	Sweet & Sour Chicken	Premium Corn Dog
		Mix or Match sauce Ketchup & Lime Mayo	Marinara Meatballs served with WG Buttered Macaroni	Veggie Fried Rice	WG Chicken Corn Dog Served with Ketchup
		Potato Stix w/ Ketchup	Top with Shred Mozzarella (Served on side)	Assorted Salad Bar	Assorted Salad Bar & Daily Fruit
	HOT VEG	Assorted Salad Bar & Daily Fruit	Assorted Salad Bar & Daily Fruit	Daily Fruit (1 Cup Eq)	Fruit Juice & Choice Milk
Week V	HOT MEAL	Fruit Juice & Choice Milk	Fruit Juice & Choice Milk	Choice Milk	Hooray! Special Chips Day! Cool Ranch Doritos
		Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	Veggie Garden Burger
	HOT VEG				Fresh Hot Cheese Pizza